

Garrard County School District  
2022-23 Wellness Plan for KRS 158.856  
Findings and Recommendations

The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE). (702 KAR 6:090 Section 5 (1,c) / Section 6 (2))

The District shall include within the findings and recommendations the following:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

**LEA Submission of Findings and Recommendations**

Area of Assessment: NUTRITION

**Findings:**

The Garrard County School District complies with the nutritional standards required by federal and state laws and regulations which apply to the food program and to other food and beverages available during the school day. Garrard County qualifies as a Full CEP (Community Eligibility Provision) district which means all Garrard County students are served breakfast and lunch at no cost. Garrard participates in the following USDA child nutrition programs:

NSLP (National School Lunch Program)  
SBP (School Breakfast Program)  
CACFP (Supper Program)  
SFSP (Summer Food Service Program)

Any food or beverage available for sale to students during a school day that is not a part of these programs complies with the strict Smart Snack guidelines required by the Healthy-Hunger Free Kids Act of 2010 to ensure limiting access to items with little or no nutrient density. No sales from machines or school stores take place until 30 minutes after the lunch period ends. No sales of non-compliant items take place until 30 minutes after the school day has ended.

Garrard County Schools offer 2<sup>nd</sup> chance Breakfast and Breakfast in the Classroom. The District is committed to supporting healthy food choices and improving student health and well-being. Menus are designed for specific age groups and each has its own requirements for portion sizes,

calories, and sodium levels. The child nutrition program accommodates students with special dietary needs. All foods available comply with state and local safety and sanitation regulations. All school kitchens are inspected by the local health department twice a year. School nutrition program director, managers, and staff meet, or exceed the hiring and annual USDA professional standards for child nutrition professionals. The School Nutrition Director maintains a Level 4 Certificate and SNS Certification from the School Nutrition Association. Menus are designed for optimum utilization of commodity entitlement foods and highest nutritional value to our students. Menus for the 22-23 School Year are published on the district website for viewing online.

Garrard Schools promote hydration by providing free, safe, unflavored drinking water throughout the school day and throughout each school, especially where school meals are served during mealtimes. Water bottle refill stations at CDR, PLE, LES, GMS, GCHS, and GEC have allowed our students easier access to filtered water and led to healthier beverage choices. Water's many benefits allow for Garrard students to perform at a higher level in the classroom and during extra curricular activities.

### Recommendations:

Increase frequency of Wellness Committee Meetings, Increase parent/student communication on menu item acceptance. Increase nutrition program's presence on social media, educate the importance of drinking water, and encourage teachers to allow students to refill their water bottles, encourage nonfood rewards, healthy celebrations, and fundraisers. Establish community partners.

## Area of Assessment: Staff Wellness and Safety

Garrard County Board of Education is dedicated to the well-being of both staff and students. In line with the health and safety care industry overall, we, as an employer, are putting a greater emphasis on preventative care and overall safety precautions. It is a clear investment in a wellness program that delivers positive results. Our LivingWell Program is one example and will continue throughout the school year. In addition, the district Safety and Loss Prevention Council meets bi-monthly to examine measures, plans/policies, and any related training needs that may be provided for all employees in each of our schools, central office, and the Garrard Education Center.

LivingWell – District employees will continue to participate in Health and Wellness activities such as the LivingWell Health assessment, biometric screenings, and may earn rewards for engaging in healthy activities such as seasonal Steps Challenges and monthly fitness challenges with the ability to sync with personal fitness tracking devices.

### Our Health and Safety Council - Programs:

- Increase health and wellness benefits leading to a healthier workforce.
- Decreases health-related time off and overall health care costs.
- Helps drive employee satisfaction and retention.
- Promotes a safe working environment and comfortable atmosphere.

- Addresses loss prevention throughout the school year.
- Addresses energy efficiency and safety throughout the school year.
- Addresses natural disaster preparedness throughout the school year.

On-site Flu and Covid vaccines are offered to all staff annually at no charge, copay, or deductible. Insurance will be billed. Our partnership with Family Health Care provides school based services to staff.

Recommendations: Increase publicity on services provided by Family Health Care, increase amount of opportunities for staff to engage in physical activity before and after school. Local wellness committee will create opportunities for staff to utilize fitness equipment. .

### Area of Assessment: Physical Activity/Physical Education

#### Findings:

**Garrard County School District is behind in the amount of Physical Education minutes** each student receives based on the Center for Disease Control and Prevention (CDC) School Health Index Assessment. The CDC endorses that students K-12 receive 150 minutes of Physical Education every week. The CDC states that students should participate in Physical Education at least 3 days a week and recommends daily Physical Education for all students. The average amount of PE for Garrard Elementary Students is 75 minute a week. Middle School students only attend PE one out of the four quarters of the school year and some don't attend PE at all. Each High School student must complete PE 1 out of 3 trimesters during the school year. They attend PE every day for the 12 weeks of the trimester, but do not attend PE at all for the other 24 weeks.

Mental Health Trauma is a growing situation for Garrard County. A growing number of our students have suffered through divorce, death, abuse, neglect, etc. Using fitness, physical activity and mindfulness activities are important tools that should be part of all student's day, especially students who deal with Mental Health Trauma. These tools allow students to produce at their peak level and help them deal with everyday challenges.

Movement is a huge component to both mood and brain function level. Without students receiving adequate movement time, their ability to grow both socially and academically is hindered.

#### Recommendations:

**Add additional PE/Fitness staff** so that our Garrard Students can have the opportunity to reach the weekly movement minutes that will allow them to be successful in both the academic and social parts of their life. Utilize empty classrooms or rooms for movement opportunities for both our students and staff.

Implement [The Walking Classroom](#) program at the middle school level. This program allows students to get movement while also building their academic knowledge.

Look to add alternative seating that include standing desks and seating that allows movement. This helps students sit with good posture, maintain focus and build bone structure.

Build physical activity common assessments for all schools in our district that will allow us to measure the

When looking at the Whole School, Whole Community, Whole Child (WSCC) model, Camp Dick Robinson and Paint Lick Elementary have both increased their fitness minutes for their students. Each student at PLE attends a daily 15 minute HIIT (high intensity interval training) class each day in addition to their 50 min. weekly PE class. At CDR, all 4th/5th grade students have PE for 20 min. everyday of the week, which has increased their PE time from 45 minutes a week to 100 minutes a week. K-2 comes to PE five times every two weeks for 30 minutes each class. This has increased their PE minutes every 2 weeks from 90 minutes to 150 minutes. 3rd grade also comes daily for 15 minutes which has increased their PE mins. from 45 to 75. This time is still less than the recommended time, but due to the low number of PE staff, this is the best we can do.

CDR piloted a zero hour fitness program during the 2019/2020 school year. 20 students (test group) attended a moderate to high intensity fitness class for 25 minutes each day before the academic school day started. Most of the 20 were selected to the test group due to their higher levels of mental health trauma (death, divorce, abuse, etc)

These students outperformed a peer control group by 88% when comparing their fall Iready tests to their December Iready tests. In addition, 65% of the test group improved in school attendance.

Additionally, our recommendation is to target similar students throughout Garrard County Schools and have in place similar programs like the, “**Zero Hour Fitness**” group to help improve these students' Attendance, Academics and Behavior.

Another Recommendation is to educate and make **movement and mindfulness breaks in the classroom** a focus. Teaching is about quality not quantity. Students sitting for more than 20 minutes at a time is not helping their Academics, SEL or Health. A combined vision by all schools, staff, and administration to focus on utilizing more movement and mindfulness breaks is needed. Continue to educate staff on the importance of movement in the classroom and encourage them to implement movement activities every 20 minutes.

Finally, it is recommended that **each school create their own Wellness Advisory Council**. This council should seek to have members made up of the school staff, including PE/Health teacher(s), Administration, school nurse, guidance counselor, classroom teachers. In addition, the council should look to have representation from parents, the community, and students. It recommended that this council meet quarterly throughout the school year. The council's purpose is to review the Garrard County Wellness plan and analyze strengths and areas of growth.

All these recommendations come with the Whole School, Whole Community, Whole Child (WSCC Model) philosophy in mind. We need to address the physical and emotional needs of a student, before we try to build their academic talents.

**FINDINGS:** Summarize comments from the public forum and the discussion from wellness leadership meetings about findings of the assessment report.

**RECOMMENDATIONS:** All of the following items should be considered as possible recommendations:

- Strengthen and/or modify the language of the district wellness policy based on results of WellSAT assessment
- Improve implementation of the district wellness policy based on the School Health Index assessment or other district needs assessment.
- Implementing the plan to improve the school nutrition and physical activity environments in aligning with a well-rounded education.
- Inclusion of wellness goals, strategies, and/or activities in the CSIP and CDIP to improve access and opportunity state accountability for the whole child measures.